

CYO 7th & 8th FOOTBALL RULES

The CYO will follow National Federation of State High School football rules except for:

1. LENGTH OF GAME: Each game will consist of four (4) quarters, eight (8) minutes each.
2. POINT DIFFERENTIAL: In any CYO football game the coach who is behind by more than 30 points, can authorize a running clock. The clock will run at all times except:
 - a. Regular time out
 - b. Officials time out
 - c. Penalty enforcement
 - d. End of a period
3. GAME BALL: CYO Football games should be played with a legitimate, properly-inflated, official NFSA branded football. The league approves the NIKE brand 'Y' youth size ball for 7th & 8th grade. If a team does not have an acceptable similar style/brand game ball as viewed by the 2 coaches and referee, the referee can enforce the use of 2 balls from one team that meets the ball rules above and is properly inflated.
4. SCORING: Scoring shall be kept as follows:
 - a. Touchdown = six (6) points
 - b. Point after touchdown:
 - * Run or pass = one (1) point
 - * Kick . . . = two (2) points
5. WEIGHT LIMITS: CYO football will follow the Nation Federation rule book, except for that the ball becomes dead as soon as possessed by an 'X' player. 'X' players are required to start each play on the line and in the free blocking zone. 'X' players no longer need to be covered. Pulling is NOT allowed by an 'X' player. 'X' players are not allowed to screen block outside the free blocking zone.

Each player will be weighed prior to the opening game by CYO personnel. If a player is over 150 lbs. or misses a weigh in, he will be identified with an "X" on his helmet and MUST play as specified here (tackle to tackle). Must start play in at least a 3 or 4 point stance. The X should be a contrasting color from the base color of the helmet and must be

distinguished from other helmet striping, trim or logo. In the event that the X conflicts with the striping, it may be moved 45 degrees. This X should be placed on the helmet ear hole to ear hole and completely from front edge to back edge.

Once a player is determined to be over 150 lbs., he will not be reweighed at any time effecting the regular season. A player over 150 lbs. will be allowed to kick-off, punt, kick P.A.T.'s, kick field goals and extra points. This same player CANNOT advance a punt, or return an interception. The penalty for a violation of this rule is downing of the ball at the point of the infraction and 15 yards.

Any player who weighs in at 150 lbs. or less, may play any position on offense or defense. A player over 150lbs. May not lead block for plays between the offensive ends. ie. zone blocking, inside traps or tackle traps. He is still prohibited from leading the play(pulling) around the ends. The infraction for this will be an illegal blocking penalty, 15 yards.

6. SECOND WEIGH-IN: This weigh-in is for the non X players and will take place prior to the end of the regular season before play offs begin. There will be a 5lb. weight allowance (150-155lbs.) The player will only be allowed to weigh-in at his time. He will be allowed to step off, strip and immediately step back on for a second weigh-in.
7. TEAM ROSTER: Each team shall provide the following:
 - a. A list of eligible of players with their birth date and jersey number MUST be turned into the CYO Office at a date determined before the start of each season.
 - b. Jersey numbers CANNOT be changed after the weigh-in unless the CYO Office is notified.
8. OVERTIME: During the playoffs, the same maximum of 2 overtime rotations will be played. IF the score is still tied after 2 rotations, in the interest of time, The Single Play Sudden Victory Format will be used. Each team will alternate single-play possessions from the 3 yard line, until a winner is determined. The single-play possessions will begin with a new coin toss winner will have the option of playing offense or defense first
9. JERSEY Color Conflict:

Any conflict in jersey color will be the responsibility of the Home Team to modify their jersey. The team listed first on the schedule is considered the home team.

10. ADMINISTRATION and MISCELLANEOUS: The CYO Constitution and CYO Policy will govern all matters of eligibility, regulation and disciplinary matters. CYO Officers will address any disputes and issues not addressed here.